



AdvoCare® Rehydrate

Electrolyte Replacement Drink

The most advanced sports drink on the market

Rehydrate electrolyte replacement drink provides a complete spectrum of ingredients for hydration that far exceeds other leading sports drinks, making it a superior choice for the serious and casual athlete. When we sweat, we lose electrolytes, carbohydrates and much more. Rehydrate sports drink provides the most comprehensive formulation to give your body what it needs before, during and after exercise. Each serving of Rehydrate drink provides:



- A full spectrum of **crucial electrolytes** for improved electrolyte balance
- **Superior nutrition** for sustained activity and recovery
- **Carbohydrate fuel** necessary for energy production and sustained muscle glycogen levels
- **B-vitamins** to help support your body's natural energy production
- **Amino acids** to help feed your muscles
- **Antioxidants** to fight the free radicals that are common during exercise

| Ingredients | AdvoCare® Rehydrate | Gatorade® Thirst Quencher | Gatorade® Endurance Hydration Formula™ | Coca-Cola® Powerade® | Coca-Cola® Powerade Option™ | CytoSport Inc.™ Cytomax® | EAS® Cytovol® HP |
|--------------------------------|---------------------|---------------------------|--|----------------------|-----------------------------|--------------------------|------------------------|
| Calories | 50 | 50 | 60 | 65 | 10 | 48 | 100 |
| Total Carbohydrate | 12g | 14g | 15g | 17g | 2g | 10g | 18g |
| Sugars | 9g | 14g | 14g | 15g | 2g | 6g | 1g |
| Sodium | 100mg | 110mg | 200mg | 53mg | 50mg | 50mg | 140mg |
| Potassium | 100mg | 30mg | 90mg | 32mg | 35mg | 55mg | 45mg |
| Magnesium | 24mg | - | 3mg | - | - | <2% | - |
| Calcium | 100mg | - | 6mg | - | - | <2% | - |
| Chromium polynicotinate | 5mcg | - | - | - | - | 25mcg | - |
| Beta-carotene | 1000 IU | - | - | - | - | - | 1138 IU |
| Ascorbic acid | 120mg | - | - | - | - | 60mg | 55mg |
| Thiamine hydrochloride | 150mcg | - | - | - | - | - | - |
| Riboflavin | 170mcg | - | - | - | - | - | 390mcg |
| Niacinamide | 2mg | - | - | 2mg | 2mg | - | 5mg |
| Calcium pantothenate | 600mcg | - | - | - | - | - | 2.3mg pantothenic acid |
| L-glutamine | yes | - | - | - | - | yes | yes |
| L-glutathione | yes | - | - | - | - | - | - |
| L-arginine | yes | - | - | - | - | - | - |
| Pyridoxine alpha-ketoglutarate | yes | - | - | - | - | - | - |
| Caffeine | no | no | no | no | no | yes | no |

Don't settle for anything but the best.

Get more with AdvoCare® Rehydrate drink

All entries in comparison table have been made on the basis of information available from a variety of sources. To the best of our knowledge, this information is accurate and complete as of publication of this document. All trademarks, product names and company names or logos cited herein are the property of their respective owners.